

NAME OF THE COURSE		Conditioning in team sport games				
Code		Year of study	1 <sup>st</sup> graduate			
Course teacher	Nikola Foretić, PhD Assistant professor, Frane Žuvela, PhD	Credits (ECTS)	3			
Associate teachers	Šime Veršić, teaching assistant	Type of instruction (number of hours)	L	S	E	F
			20	-	25	-
Status of the course	Elective	Percentage of application of e-learning				
COURSE DESCRIPTION						
Course objectives	To develop basic theoretical knowledge about conditioning in team sport games. In accordance with that acquire practical skills for conditioning in different team sport games.					
Course enrolment requirements and entry competences required for the course	No					
Learning outcomes expected at the level of the course (4 to 10 learning outcomes)	<p>At the completion of this course, students will be able to do the following:</p> <ul style="list-style-type: none"> <li>- to explain physical demands different team sport games</li> <li>- to analyze specific methods for conditioning in team sport games</li> <li>- to demonstrate use of proper training methodology in accordance with team sport game demands</li> <li>- to develop micro-cycle training programs for conditioning in particular team sport game</li> </ul>					
Course content broken down in detail by weekly class schedule (syllabus)	<b>Lectures</b>		<b>Teacher</b>			
	Fundamentals of conditioning in team sport games (2 hours)		Assistant professor, Frane Žuvela, PhD			
	Player or athlete coaching specificity (2 hours)		Nikola Foretić, PhD			
	Physical demands of different sport games (2 hours)		Nikola Foretić, PhD			
	Basic and specific conditioning in handball training methods (2 hours)		Nikola Foretić, PhD			
	Testing and assessing approach in team sport games (2 hours)		Nikola Foretić, PhD			
	Strength and power training in team sport games (2 hours)		Nikola Foretić, PhD			
	SAQ training team sport games (2 hours)		Nikola Foretić, PhD			
	Endurance training in team sport games (2 hours)		Nikola Foretić, PhD			
	Injury reduction training in team sport games (2 hours)		Nikola Foretić, PhD			
	Micro-cycle planning in team sport games (2 hours)		Nikola Foretić, PhD			
	<b>Practical lessons</b>		<b>Teacher</b>			
	Testing strength and power in team sport games (2 hours)		Assistant professor, Frane Žuvela, PhD			
	Strength training and power training in team sport games – <i>basic strength and power development</i> (2 hours)		Assistant professor, Frane Žuvela, PhD			
	Strength training and power training in team sport games – <i>specific strength and power development</i> (2 hours)		Assistant professor, Frane Žuvela, PhD			
	Testing speed and agility in team sport games (2 hours)		Nikola Foretić, PhD			
	Speed and agility training in handball – <i>specific speed and agility development</i> (2 hours)		Nikola Foretić, PhD			
	Speed and agility training in team sport games – <i>situational speed and agility development</i> (2 hours)		Nikola Foretić, PhD			
	Endurance training in team sport games – <i>basic endurance development</i> (2 hours)		Šime Veršić, teaching assistant			
	Endurance training in team sport games – <i>specific endurance</i>		Šime Veršić, teaching			

	<i>development (2 hours)</i>		assistant			
	Endurance training in team sport games – <i>situational endurance development (2 hours)</i>		Šime Veršić, teaching assistant			
	Integrated conditioning training in team sport games (2 hours)		Nikola Foretić, PhD			
	Injury reduction training in team sport games – <i>warm-up philosophy (1 hours)</i>		Nikola Foretić, PhD			
	Injury reduction training in team sport games – <i>specific movement control training (2 hours)</i>		Šime Veršić, teaching assistant			
	Injury reduction training in team sport games – <i>flexibility and mobility training (2 hours)</i>		Assistant professor, Frane Žuvela, PhD			
Format of instruction	lectures exercises	independent assignments multimedia work with mentor (other)				
Student responsibilities						
Screening student work (name the proportion of ECTS credits for each activity so that the total number of ECTS credits is equal to the ECTS value of the course)	Class attendance	0.5	Research		Practical training	1.0
	Experimental work		Report		(Other)	
	Essay		Seminar essay	0.5	(Other)	
	Tests		Oral exam		(Other)	
	Written exam	1.0	Project		(Other)	
Grading and evaluating student work in class and at the final exam	Grades are from 1 to 5 : grade 1 (below 59%); grade 2 (60% -72%); grade 3 (73% - 82%); grade 4 (83% - 90%); grade 5 (91% - 100%) Class attendance: 15% Seminar: 25% Oral exam: 30% <u>Written exam: 30%</u> Total: 100%					
Required literature (available in the library and via other media)	<b>Title</b>		<b>Number of copies in the library</b>		<b>Availability via other media</b>	
	Bompa, T. (2018). <i>Periodization</i> . (sixth edition). Theory and Methodology of Training					
	Haff, G. & Triplett, T. (2015). <i>Essentials of Strength Training and Conditioning</i> . (Eight edition). USA: Human Kinetics					
Optional literature (at the time of submission of study programme proposal)	Gambetta, V. (2006). <i>Athletic Development: The Art &amp; Science of Functional Sports Conditioning</i> . USA: Human Kinetics.					

Quality assurance methods that ensure the acquisition of exit competences	Attendance, individual work with teacher, conversation, participation in class, oral seminar presentation, theoretical colloquium (written exam). External evaluation of teaching quality through 'Questionnaire for student's evaluation of teaching'.
Other (as the proposer wishes to add)	<a href="http://moodle.kfst.hr/course/view.php?id=491">http://moodle.kfst.hr/course/view.php?id=491</a>